

# NEURO LIGHT: ABOUT BRAIN TRAINING



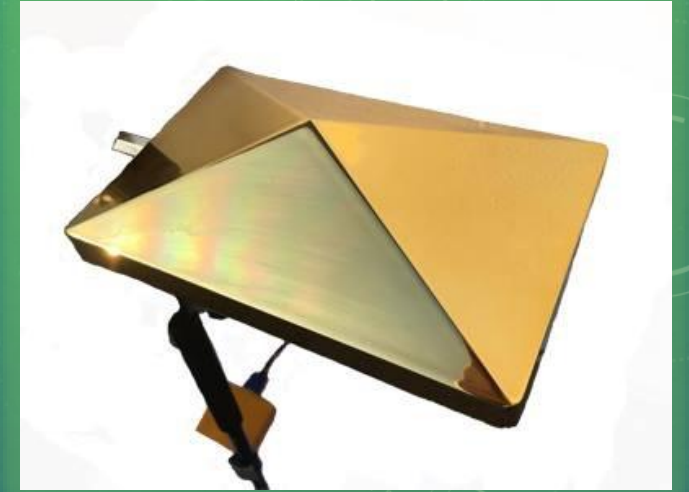
THE NEURO LIGHT  
- TOTAL BRAIN WELLNESS -

## BASIC PROPOSITION



- Contrary to long held medical theory, the **Human Brain** is capable of **dynamic change** throughout our **entire lifespan**.
- This **dramatic fact** opens the doors for **new avenues** of **increasing and sustaining Brain Wellness**.

## THE NEURO LIGHT: *TOTAL BRAIN WELLNESS*



- The **Neuro Light** is a **multi-component device** capable of positive effects in **Brain Wellness related functions**.
- The device is a combination of **unique hardware and software** designs.

# THE NEURO LIGHT

<i>Brain Gym</i>
Neuroplasticity Training

<i>Brain Food</i>
Transcranial Light Stimulation

<i>Brain Skills</i>
Function Specific Brain Training



# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING

- The **brain responds** to **incoming stimulation** as a source of **information and guidance** in the **formation** of **novel patterns** of **adaptive behavior**.
- **LIGHT** and **SOUND** stimulations are **powerful and efficient** types of brain stimulation.



# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING



- With the profound understanding that the **brain** is capable of **continuing adaptive growth and change**, the **Wellness** approach to **Brain Training** is growing dramatically.
- Most approaches to **Brain Training** fall into **two categories**:
  - 1) **Mental Effort** – such as games & puzzles
  - 2) **Physical Effort** – such as repetitive movements & exercises

## BRAIN SKILLS

### FUNCTION SPECIFIC BRAIN TRAINING



- **Video games** and the birth of **Virtual Reality** devices are both **praised** and **condemned**
- They have a **potent effects on the brain** which may be either **beneficial or detrimental** depending on the **design principles**.

## BRAIN SKILLS

### FUNCTION SPECIFIC BRAIN TRAINING



- The **NEURO LIGHT** offers a **bold new type of Brain Training**
- The **approach** acts **directly upon the brain without mental or physical effort.**
- Using dynamic innovative **Light and Sound compositions**, the **NEURO LIGHT** is the **most direct and efficient** new way to improve **Brain Wellness.**



# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING

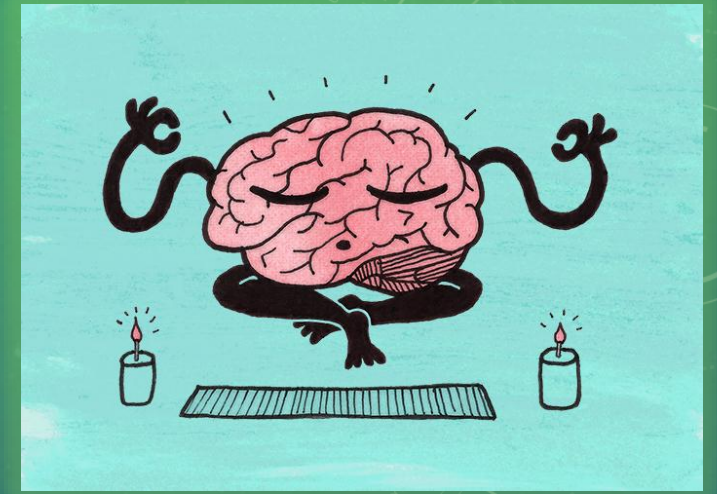


- It has been **well known** for over 50 years that the **Brain** is **sensitive** to a **Frequency Following Response**.
- The **common term** for this process is **Brain Entrainment**.

# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING

- **HOWEVER**...it is **critically important** to understand that the **Function Specific Brain Training** processes in the **NEURO LIGHT** are **MUCH MORE than Brain Entrainment.**



# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING



The **BRAIN SKILLS** section of the **NEURO LIGHT** is called **Function Specific Brain TRAINING**.

These **TRAININGS** are composed of **many elements** and **Brain Entrainment is just one of them.**

# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING



- As an approach to **Brain Wellness**, consider the **Neuro Light** as **Brain “Exercise”**, **“Nutrition”** and **“Learning”**.
- As **Wellness**, it is not designed as **“treatment”** or **“therapy”**.

# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING



Let's **explore** the **incredible multifaceted composition** design of the **NEURO LIGHT Brain Training** sessions.

# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING



- Every **Brain Training session** is **Function Specific**.
- This means the session **targets** a **particular Brain/Mind function**.
- **NEURO LIGHT** has **80 Brain Training sessions** – each with its own unique and important Specific Function for the Brain/Mind.

# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING



- **Function Specific Brain Trainings** combine **two types** of signal sources – **LIGHT** and **SOUND**.
- The **LIGHT** and **SOUND** signals are **harmoniously integrated** for a compound synergistic effect **far beyond simple simultaneous pulsing.**

# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING



- Let's have a closer look at the **SOUND aspect** of a **Brain Skills Training session**.
- **Remember** that every session is **Function Specific** which means that it will **focus on** a defined aspect of **Brain Wellness**.



# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING



- The Sound aspect of a **Brain Skills Training session** has four (4) integrated elements:
  - **Multi-layer Synchronization** (frequency & pitch harmonization including in ambience)
  - **Linear Entrainment** (isochronic, binaural, monaural in pitch adjusted pulses)
  - **Mood Framing** (psycho-emotional set with Function Specific musical/nature ambient themes)
  - **Core Modulation** (unifying frequency modulation in all Mood Framing layers)

# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING

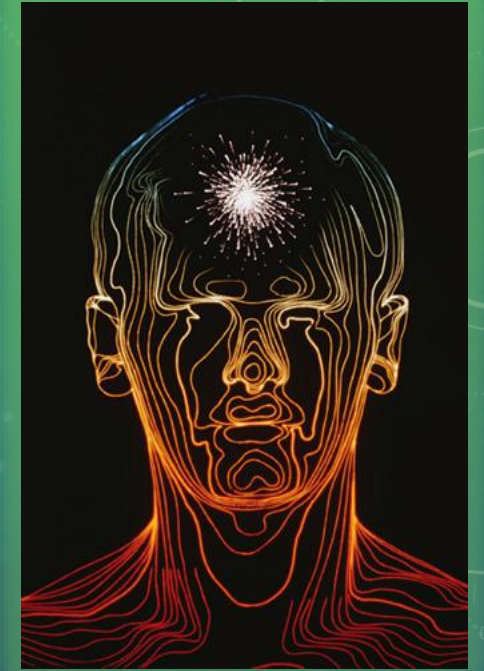


- Next, let's have a closer look at the LIGHT aspect of a **Brain Skills Training session**.
- The LIGHT and the SOUND are **harmoniously integrated** to act upon the same **Specific Brain Wellness Function**.

# BRAIN SKILLS

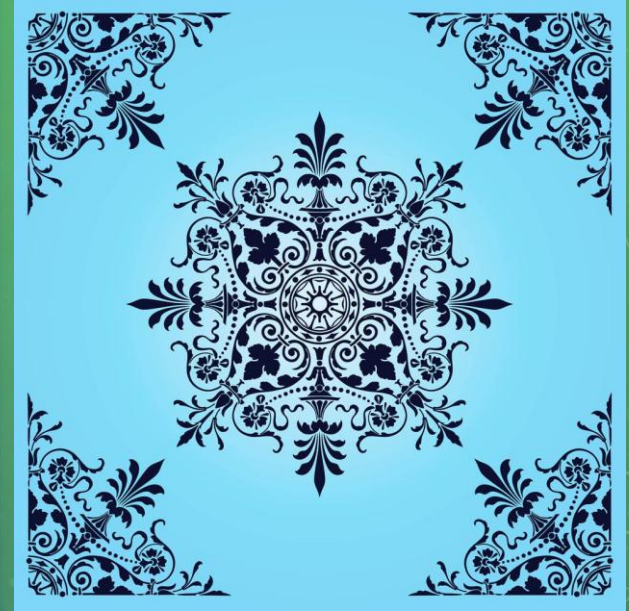
## FUNCTION SPECIFIC BRAIN TRAINING

- The Light aspect of a **Brain Skills Training session** also has four (4) integrated elements:
  - **Gateway Dynamics** (signal sets that prime the brain for new information)
  - **Pattern Recall** (the use of Form Constants to enforce information recognition)
  - **Linear Entrainment** (sets of select light pulsed frequencies)
  - **Learning Reinforcements** (regular & irregular stimulations that fortify the main set)



# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING



- The **principle** of **Pattern Recall** is worth having a **closer look**.

# BRAIN SKILLS

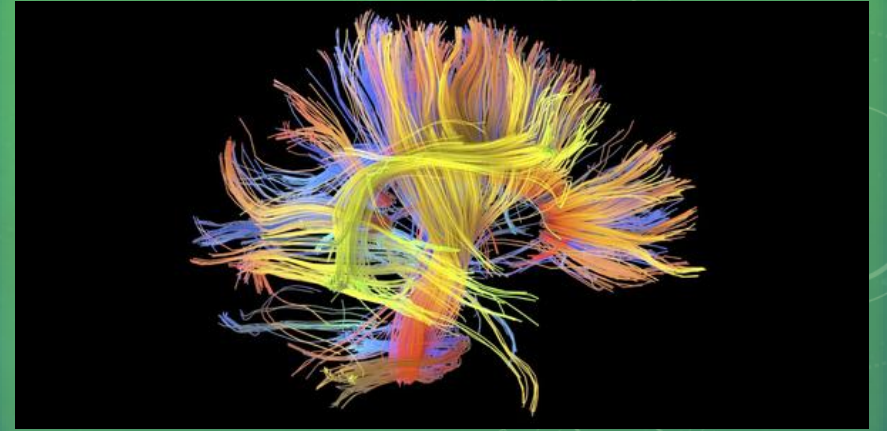
## FUNCTION SPECIFIC BRAIN TRAINING



- It is well known that **specific brain waves** are associated with **predictable states of Mind** and related **functions**.
- It is possible to **induce** important states such as **profound relaxation, alertness, memory** and **many others**.
- This is, of course, the **foundation** of **simple Linear Entrainment**.

# BRAIN SKILLS

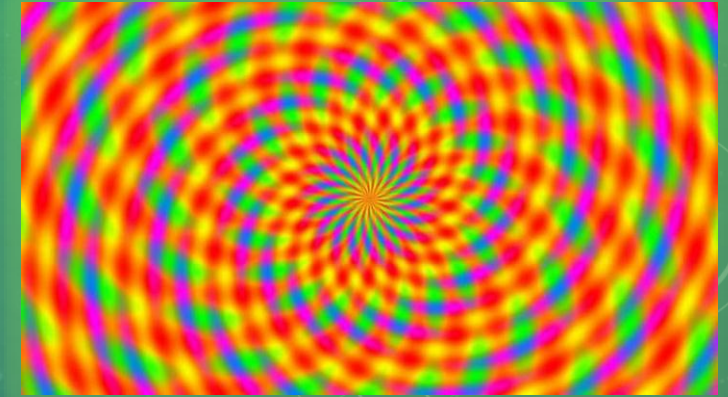
## FUNCTION SPECIFIC BRAIN TRAINING



- The **Pattern Recall** aspect of the **LIGHT** in a **Brain Training** results in the stimulation becoming **S.U.P.E.R. !!!!!**

# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING



- What makes the **Brain Training** in the **Neuro Light S.U.P.E.R.**?

# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING

- Obviously **S.U.P.E.R.** is an acronym.
  - **S = Significant**
  - **U = Universal**
  - **P = Pattern**
  - **E = Expression**
  - **R = Recognition**

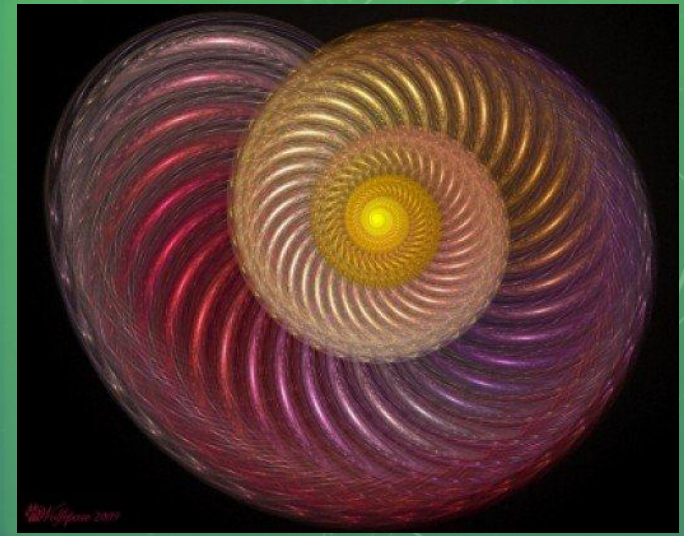




# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING

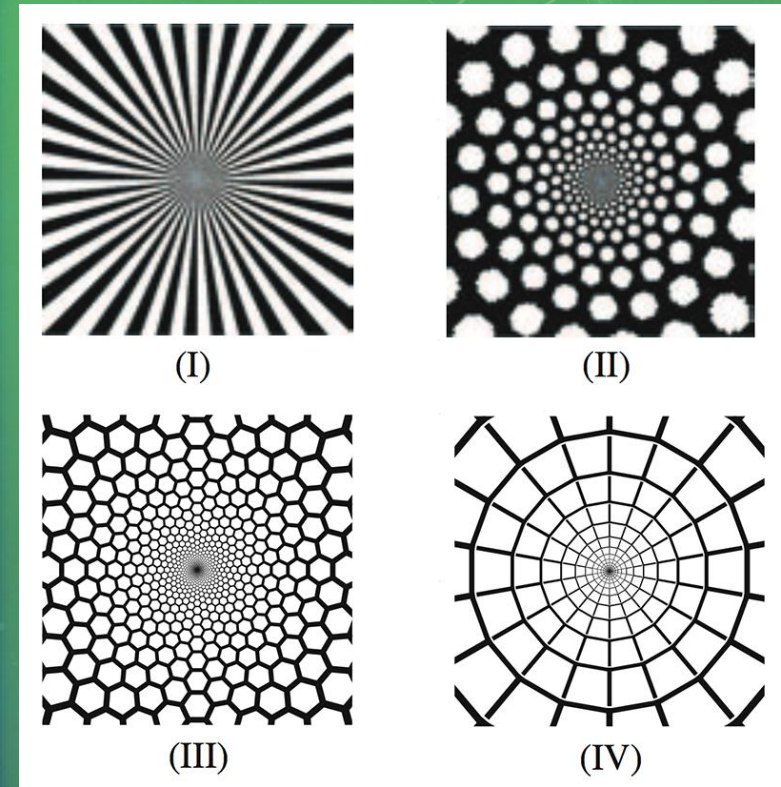
- The **Brain Training** processes in **The Neuro Light** use entirely unique **integrated signal design principles**
- **Pattern Recognition Response** is one of our **new proposed Brain Behavior dynamics** that is incorporated into every Brain Wellness Training session.



# BRAIN SKILLS

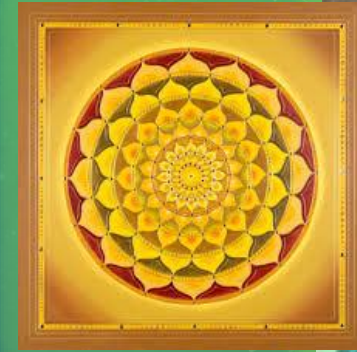
## FUNCTION SPECIFIC BRAIN TRAINING

- **Neurological research** from the present and dating back almost 100 years has **consistently identified four (4) basic Patterns** at the foundation of the visual experience.
  - **1) Tunnel or funnel**
  - **2) Spiral**
  - **3) Honeycomb or chessboard**
  - **4) Spider web**



# BRAIN SKILLS

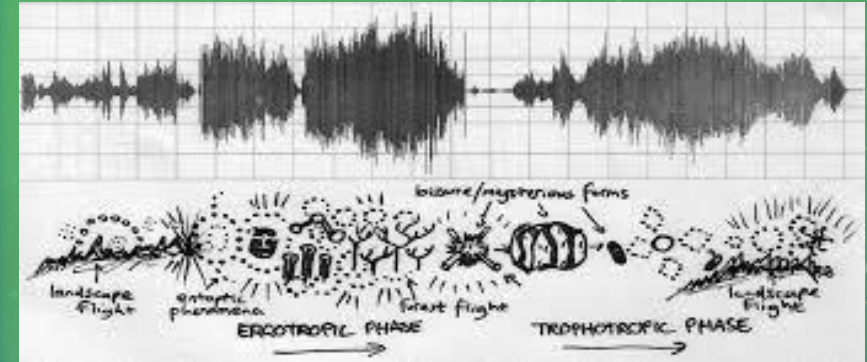
## FUNCTION SPECIFIC BRAIN TRAINING



- These **core visual Patterns** appear to be **rooted in Consciousness** itself.
- **Ancient spiritual traditions** yield evidence of their **primary function** in the experiences of **Mind**.

# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING



The **Neuro Light** has taken **Brain Training** to the “**21<sup>st</sup> century Next-Generation**” stage with the integration of:

### LIGHT

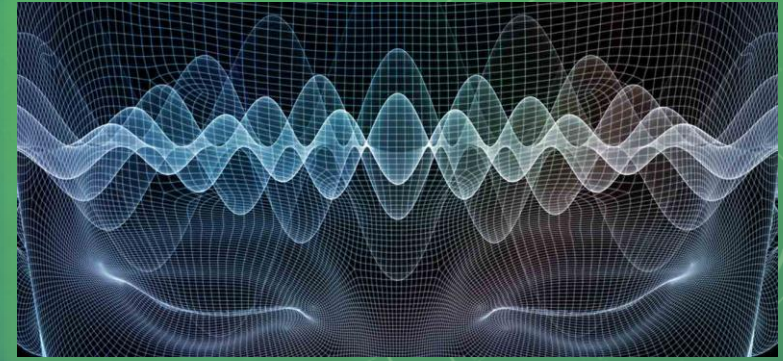
- Gateway Dynamics
- Pattern Recall
- Linear Entrainment
- Learning Reinforcement

### SOUND

- Multi-layer Synchronization
- Linear Entrainment
- Mood Framing
- Core Modulation

# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING



- **The Neuro Light** generates **80 Function Specific Brain Training** programs.
- The signals are both **Light and Sound** in nature.

# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING

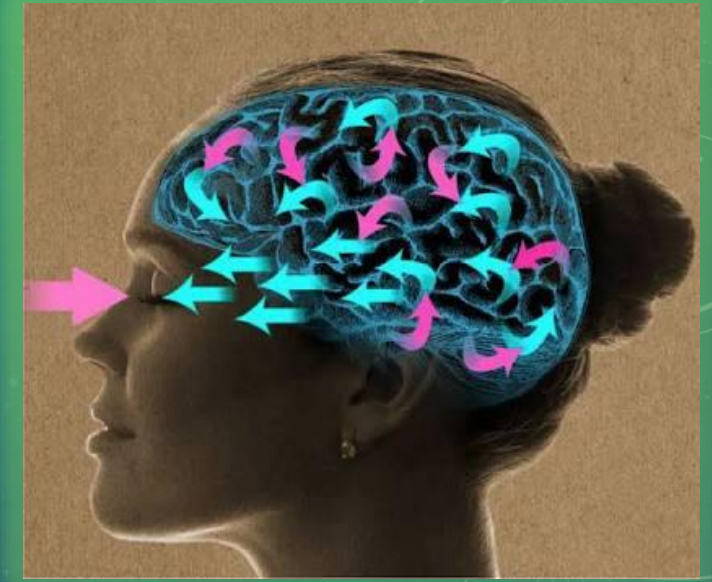
- For **easy** and **accurate** selection, the **80 Function Specific Brain Training** programs are subdivided to **correspond to the same levels** found in the **Brain Gym** (Neuroplasticity Trainings)
  - **Foundation**
  - **Intermediate**
  - **Advanced**



# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING

- For **further ease of selection**, the **Brain Training** sessions are also in general **ZONES**:
  - **Peace**
  - **Cognition**
  - **Mood**
  - **Dependency**
  - **Exploration**



# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING



- **Conventional Brain *Entrainment* techniques do not always match up to expectations.**
- The **reasons** are that the **brain may NOT be primed and ready** for responding and assimilating the stimulations involved and **the signaling is too simplistic** and is **boring**.



# BRAIN SKILLS

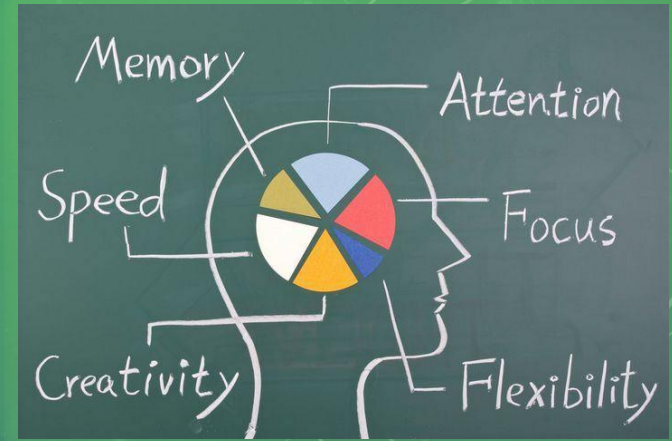
## FUNCTION SPECIFIC BRAIN TRAINING



- The **Function Specific Brain Trainings** in the **Neuro Light** have a **high level of effectiveness** because:
  - Far **beyond simple Linear Entrainment**;
  - Introduced once the person has an **increased Neuroplastic Capacity**;
  - The **brain is fully energized** by the **Transcranial Light Stimulation** process.

# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING



- A **Brain Training experience** is either **11, 22 or 33 minutes** in length.
- The **typical experience** is **11 minutes**.
- Trainings of **22 minutes** can be used for **sessions dedicated to one Brain Skill**.
- The **33 minute** Training length is **seldom used** but included for individual choice.

## BRAIN SKILLS

### FUNCTION SPECIFIC BRAIN TRAINING



- **After finishing** the various Light Trainings, do a **Summary Discussion** with the person.
- **Ask them** about their feelings and experiences and **LISTEN to what they say**.
- **Do NOT project** your ideas and concepts onto them.

# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING



- The **Mirror** approach works **very well**:
  - 1) **Listen** to what they say
  - 2) **Pick out** the “**hot word**” in their statement
  - 3) **Feedback** that “**hot word**” in the form of a question or just repeat it
  - 4) They **WILL respond** further based on the “**hot word**”
  - 5) **Repeat** this same cycle 4 or 5 times with **new “hot words”**
  - 6) An **appreciation** or **understanding** will typically **present itself**

# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING



- An **average** complete **Brain Training session** could look like this:
  - 1) **One** (or two) **11 minute Neuroplastic Capacity Trainings** selected according to their needs (*see NEURO LIGHT – About Neuroplasticity*)
  - 2) **One** (or two) 11 minute **Function Specific Brain Trainings** selected according to their needs/goals.
  - 3) **End** session with **brief discussion** about their **impressions** from the Training and a reasonable **Action Strategy** for integration.

# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING

### Training

developing the skills, experience, and  
employees need to perform  
improve their performance  
skills, and abilities, specific

- From session to session, choose a **Neuroplastic Capacity Training** that **targets** an **aspect** that needs some **fortification**.
- The choices of **Function Specific Brain Trainings** can be the **same** as previous sessions if their integration is **needing reinforcement**.
- You may also choose **Function Specific Brain Trainings** that **vary but remain consistent** in a basic theme related to their **goals**.

# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING



- **Brain Training** can follow the **same principles** as training the **body with exercise**...after all the brain is an important part of your body!
- **Actual Neuro Light Training** sessions can be of great benefit is experienced **1 to 3 per week.**
- For **impressive results**, it is **critical to reinforce** the “brain learning” with **integrating activities** from your **post-session Action Strategy.**

# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING



- **To be effective**, the **integrating activity** in **your post-session Action Strategy** should relate to the **Brain Skill you are pursuing**.
- Be **creative BUT also be practical** because the **COMMITMENT** can be **sabotaged** if the **choice is unreasonable**.
- If there is no obvious reinforcing activity, **you can ALWAYS choose a basic physical activity** like stretching or even taking regular walks.



# THE NEURO LIGHT – FULL INTEGRATION – TOTAL BRAIN WELLNESS

